

**Report on Basic Demographic Information and Results of Twelve Month
Follow-up Procedure For Adolescents Completing Community-Based
Treatment Programs**

**Presented to: Division of Alcohol and Drug Abuse
State of South Dakota**

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EXECUTIVE SUMMARY - Community-Based Youth Programs

A summary of the basic findings is presented in this section.

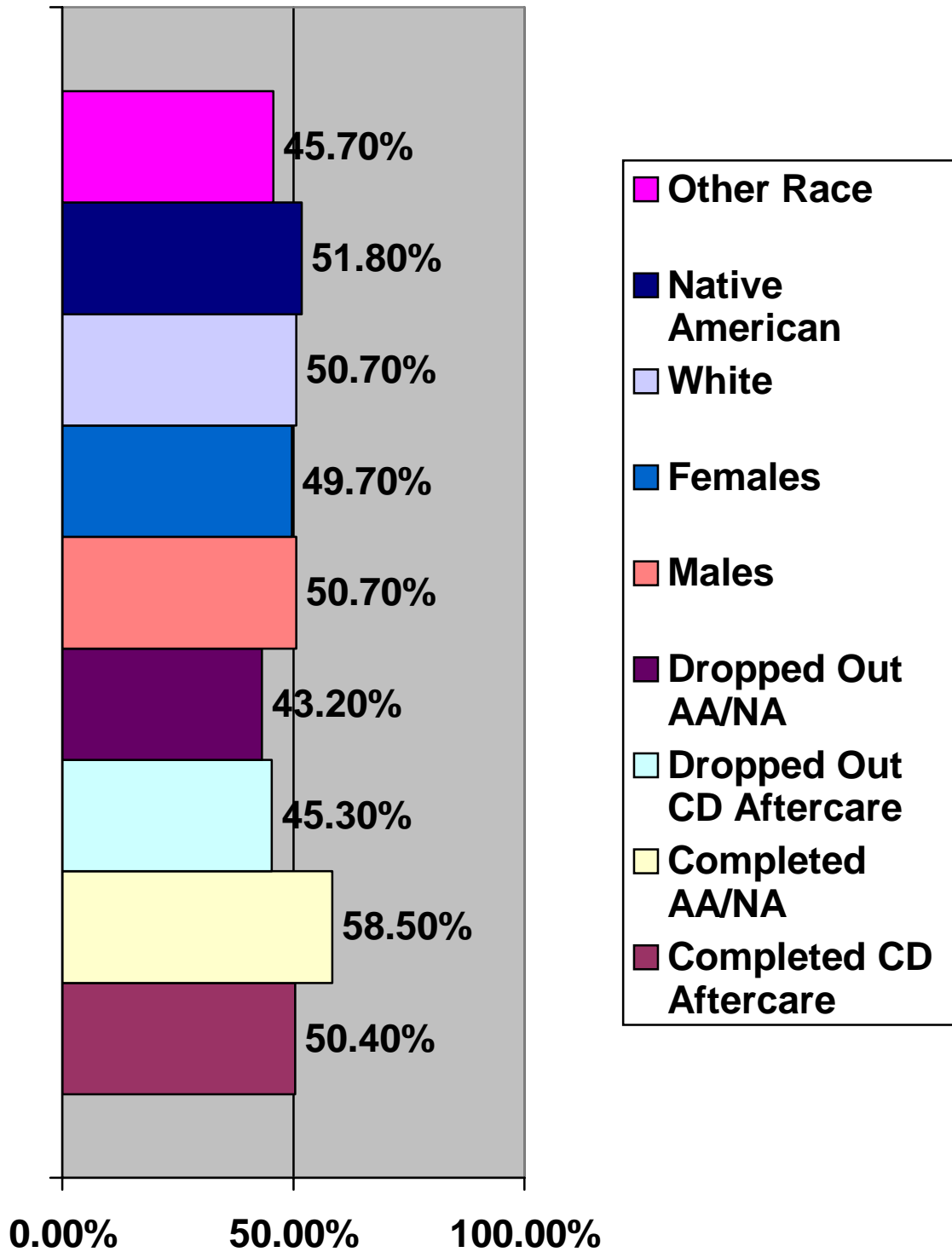
- ◆ The cumulative abstinence rate at one year post-treatment for the adolescents in the 12-month follow-up survey was 50.2 percent. In addition to having very good abstinence rates, the clients completing treatment programs had significant improvements in many other areas of their lives, as presented below.
- ◆ After treatment there were 2.4 times fewer doctor office visits for injuries and 1.6 times fewer visits for illnesses.
- ◆ After treatment there were 4.1 times fewer visits to the ER for illnesses/injuries.
- ◆ There were substantial decreases (70.1% to 88.0%) in discipline problems at school in each of the six areas (sent to principal, family conference, suspension, expulsion, being placed on probation, other) measured between pre- (before treatment) and post-test (12 months after treatment) measures.
- ◆ After treatment, clients were **3.7 times less** likely to be absent from or late to work and **3.8 times less** likely to have poor job performance due to alcohol or drug use.
- ◆ Clients who completed treatment had significantly fewer arrests (**5.5 times fewer** misdemeanor arrests and **17.0 times fewer** felony arrests) after treatment than they did before treatment.
- ◆ There were **6.6 times fewer** status offenses in the 12 months following treatment.
- ◆ There were **10.2 times fewer** out-of-control petitions filed after treatment.
- ◆ There were **2.6 times fewer** accidents after treatment.

- ◆ Alcohol and marijuana were the most frequently used substances before and after treatment. Tobacco use (post-treatment) was reported by about 61.0 percent of the clients.
- ◆ Only about one-half of the persons in this follow-up group attended any CD Aftercare programs, including AA/NA.
- ◆ Those who had higher self-images were less likely to use alcohol or drugs than were those with lower self-images.
- ◆ Clients who were involved in sexual activity in the year before current treatment were more likely to use substances during follow-up.
- ◆ Persons who were jailed during the year prior to treatment were more likely to use substances during follow-up than were those not jailed.
- ◆ Those who were frequently absent from school in the year before treatment were more likely to use substances during follow-up.
- ◆ Persons who experienced significant nervousness in the year before treatment were more likely to use substances during follow-up.
- ◆ Clients who experienced 'much' tension in the year before treatment were more likely to use substances during follow-up.
- ◆ Those who experienced serious anxiety or panic attacks in the year before treatment were more likely to use substances during follow-up.
- ◆ Clients who starved themselves for fear of being overweight were more likely to use substances during the follow-up survey.
- ◆ Those who drank or used drugs to ease hangovers were more likely to use substances.
- ◆ Clients placed in detention facilities were more likely to use substances during the follow-up

period than were those not placed in detention.

- ◆ Those placed on probation were more likely to use substances during the follow-up period than were those not placed on probation.
- ◆ Clients sent to the principal/dean were more likely to use substances.
- ◆ Clients suspended from school were more likely to use substances than were those not suspended.
- ◆ Persons with poor performance at work were more likely to use substances during the follow-up period.
- ◆ Clients with problems of absence from work were more likely to use substances during the follow-up period.
- ◆ Those with problems of loss of a job were more likely to use substances.
- ◆ Clients transferred to adult courts were at higher risk for using substances during the follow-up period.
- ◆ Persons who rated the treatment programs 'high' were less likely to use substances.
- ◆ Clients smoking cigarettes were more likely to use drugs or alcohol than were those not smoking.
- ◆ Those jailed were more likely to use substances than those not jailed.
- ◆ Clients arrested were more likely to use substances than those not arrested.
- ◆ Those given an informal hearing were more likely to use substances.
- ◆ Clients who had driver's licenses' suspended were more likely use substances.

Abstinence Rates: Various Groups



MPR ADOLESCENT INTAKE FORM

Information from the Intake Form was available on 2053 adolescents who completed community-based treatment programs funded by the Division of Alcohol and Drug Abuse between April 1998 and November 2008.

There were more males (58.1%) than females (41.9%). The average age of the individuals was 16.2 years.

Gender	Number	Percent
Males	1193	58.1%
Females	860	41.9%

RACE/ETHNIC

Native American (51.6%) and White (35.6%) were the most prevalent ethnic groups completing the treatment programs.

	White	Hispanic	Black	Native American	Biracial	Other
Ethnic Origin	35.6%	1.9%	1.2%	51.6%	9.0%	0.8%

REFERRAL SOURCES AT INTAKE

The most common referral sources at intake were: court system/corrections (76.0%), parents/family (42.0%), and other CD treatment centers (19.2%). Because there could be multiple referral sources for each person the sum of the percents is more than 100.

Referral Sources	Percent Indicating Yes
Parents/Family	42.0%
School	10.2%
County Social Service	10.2%
Referral Services	7.8%
Court System/Corrections	76.0%
Group/Foster Home	5.7%
Mental Health Worker	5.5%
Residential Center	6.0%
Other CD Treatment Center	19.2%
Detox	0.5%
Friend	4.7%
EAP	0.1%
HMO	0.1%
Physician	2.5%
Other	4.9%

FAMILY/SCHOOL SITUATION

Very few of the clients were adopted (3.9%) or were twins (3.6%).

	Yes	No
Is client adopted?	3.9%	96.1%

	Yes	No
Is client a twin?	3.6%	96.4%

Nearly all of the clients were currently attending school, working on a GED, or had graduated.

	Currently in School	Suspended	Expelled	Quit School	Working toward GED	Graduated from High School
Current School Status	75.4%	1.7%	2.4%	6.7%	11.3%	2.6%

HEALTH PAYMENT RESOURCES

The most common payment sources were: Medicaid/Medicare (86.3%) and parents/self pay (9.3%). Since there could be multiple payment sources for each person the sum of the percents equals more than 100.

	Yes	No
Medicaid/Medicare	86.3%	13.7%
Blue Cross/Blue Shield	5.1%	94.9%
Insurance Company	6.2%	93.8%
HMO	0.4%	99.6%
Parents or Self Pay	9.3%	90.7%
Other	7.2%	92.8%

RECENT SUBSTANCE USE AT ENTRY INTO PROGRAMS

Alcohol and marijuana were the most frequently used substances before entrance into the treatment programs.

	Within 24 hours	2-7 days ago	8-14 days ago	Over 2 weeks ago	Never used	Undetermined
Alcohol	1.0%	11.2%	7.8%	73.8%	1.7%	4.5%
Marijuana	2.6%	13.2%	7.8%	68.2%	4.2%	4.1%
Sedatives/ Barbiturates	0.3%	0.3%	0.5%	10.2%	85.0%	3.8%
Stimulants/ Amphetamines	0.3%	0.5%	0.6%	22.3%	73.1%	3.4%
Tranquilizers	0.2%	0.1%	0.1%	5.7%	91.0%	3.1%
Hallucinogens	0.2%	0.2%	0.2%	16.4%	79.4%	3.6%
Synthetic Painkillers	0.5%	0.9%	0.6%	14.0%	80.9%	3.3%
Opiates	0.3%	0.1%	0.4%	10.3%	86.3%	2.7%
Cocaine	0.3%	0.4%	0.5%	17.0%	77.9%	4.0%
Inhalants	0.2%	1.1%	0.9%	27.4%	65.9%	4.5%
Over-the- counter drugs	1.3%	1.4%	1.2%	20.8%	70.1%	5.2%

FAMILY INCOME

Of those responding to the question on family income, many indicated that their family income was between \$10,000 and \$30,000.

	Less than \$10,000	\$10,001 to \$20,000	\$20,001 to \$30,000	\$30,001 to \$40,000	Over \$50,000	Undetermined
Income	25.7%	20.4%	11.9%	6.1%	3.9%	32.0%

DEMOGRAPHIC INFORMATION FROM ADOLESCENT HISTORY FORM

Information from the History form was available for 1525 adolescents who were in community-based treatment programs funded by or under the auspices of the Division of Alcohol and Drug Abuse.

SUBSTANCE USE FREQUENCY FROM HISTORY FORM

Alcohol, marijuana, and tobacco were the most commonly used substances of those for whom information was available. A vast majority (92.3%) had used alcohol, 87.2 percent had tried marijuana with 34.4 percent using it daily, and 83.6 percent reported at least some tobacco use.

Substance	None	Rarely < 1 Month	1-3 Times Month	1-5 Days Week	6-7 Days Week
Alcohol	7.7%	20.7%	34.0%	31.8%	5.7%
Marijuana	12.8%	14.4%	13.7%	24.7%	34.4%
Barbiturates	87.9%	7.4%	2.0%	1.0%	1.6%
Stimulants-Meth	80.7%	10.4%	4.3%	3.0%	1.6%
Tranquillizers	95.3%	3.1%	1.0%	0.4%	0.2%
Hallucinogens	84.7%	10.3%	3.5%	0.9%	0.5%
Painkillers	83.2%	9.5%	4.5%	1.7%	1.0%
Opiates	91.7%	5.7%	1.3%	0.8%	0.5%
Cocaine	84.3%	10.1%	3.3%	1.5%	0.8%
Inhalants/Glue	76.4%	14.4%	4.1%	3.4%	1.7%
Over Counter	81.6%	9.8%	4.1%	2.8%	1.8%
Tobacco	16.4%	5.5%	3.5%	10.8%	63.8%

AGE OF ONSET OF SUBSTANCE USE

The average age of persons starting any substance use was about 12.8 years.

Question On Age	Average Age
How old were you when you started drinking alcohol?	12.7
How old were you when you started using marijuana?	12.6
How old were you when you started using any other drug?	13.7
How old were you when you started smoking cigarettes?	12.2

SUBSTANCE USE/SOCIAL USE PATTERNS

More than three-fourths (77.6%) of the clients reported that half or more of their friends used alcohol and/or other drugs.

How Many of Your Friends Use Alcohol or Other Drugs?	Number of Cases	Percents
None	51	2.5%
Less Than One-Half	402	20.0%
About One-Half	541	26.9%
Over One-Half	354	17.6%
Nearly All	666	33.1%

Nearly all (96.0%) of those completing the questionnaire indicated they used alcohol or drugs with their friends. Some (62.7%) drank alcohol or used drugs with others, about one-half used substances with their siblings, and 15.4% used drugs or drank with their parents.

How Often Do You Use Alcohol or Drugs During Activities?	Never	Sometimes	Usually	Always
At School	61.6%	28.3%	7.0%	3.1%
With Parents	84.5%	12.8%	1.9%	0.7%
With Siblings	52.1%	34.6%	9.0%	4.3%
With Friends	4.0%	18.0%	33.2%	44.8%
With Others	37.3%	35.8%	16.7%	10.3%

SUBSTANCE USE CONFRONTATIONS

Those most likely to 'often' confront juveniles about alcohol or drug use were parents, social workers/probation officers, other relatives, and siblings.

How Often Have You Been Confronted About Your Use of Alcohol or Drugs By the Following?	Never	Sometimes	Often
Parent	17.7%	40.6%	41.7%
Siblings	46.1%	36.4%	17.5%
Other Relatives	44.0%	36.8%	19.2%
School Personnel	70.2%	22.8%	7.1%
Friends	47.8%	39.1%	13.1%
Social Worker/ Probation Officer	36.7%	31.3%	32.0%

EMOTIONAL/PSYCHOLOGICAL DIFFICULTIES - PAST YEAR

The major emotional problems reported in the past year were: depression (52.0%), sleep problems (46.7%), restlessness (43.9%), lack of energy (38.2%), nervousness (36.6%), and tension (33.9%).

In the Past Year Have You Been Frequently Troubled By the Following:	Number of Cases	Percent Yes
Nervousness	2014	36.6%
Tension	2023	33.9%
Restlessness or Irritability	2026	43.9%
Depression	2026	52.0%
Suicidal Thoughts	2021	18.4%
Sleep Problems	2027	46.7%
Lack of Energy	2028	38.2%
Panic/Anxiety Attacks	2034	23.3%
Starved Yourself to Loose Weight	2031	5.0%
Binge Eating/Forced Vomiting	2032	2.9%
Attempted to Kill Yourself	2031	11.9%

LIFETIME STRESSORS

The most frequently mentioned lifetime stressors were: separation of parents (45.1%), death of a close friend (41.0%), and divorce of parents (29.9%).

Stressor	Number of Cases	Percent With Stressor
Death of a Parent	2004	12.1%
Death of a Sibling	2008	14.1%
Death of a Close Friend	2011	41.0%
Divorce of Parents	2001	29.9%
Separation of Parents	2007	45.1%
Remarriage of Parent	2000	22.3%

PAST YEAR STRESSORS

The most commonly mentioned 'past year' stressors included: loss of a close friendship (42.8%) and serious family financial problems (28.5%).

Stressor	Number of Cases	Percent With Stressor
Serious Family Financial Problems	2005	28.5%
Serious Injury to Self	2009	16.8%
Serious Illness in Self	2008	7.4%
Loss of Close Friendship	2009	42.8%

SELF PERCEPTIONS

The most positive perceptions of the youth, based on the 'Usually' category, were: parents' love (80.8%), respect for themselves (64.2%), take care of self physically (64.0%), friends' respect for them (61.0%), and like the way they look (55.2%).

Self Image	Rarely	Sometimes	Often	Usually
Do You Take Care of Yourself Physically?	3.3%	12.1%	20.5%	64.0%
Do You Like the Way You Look?	6.7%	18.2%	19.9%	55.2%
Do You Consider Yourself Attractive?	11.4%	29.6%	19.8%	39.3%
Do You Respect Yourself?	3.7%	12.2%	19.9%	64.2%
Are You Ashamed of Yourself?	59.5%	30.0%	5.7%	4.8%
Do You Hate Yourself?	80.4%	15.6%	2.1%	2.0%
Do You Feel Like Killing Yourself?	89.4%	7.7%	1.6%	1.4%
Do Your Parents Respect You?	6.4%	17.2%	22.3%	54.1%
Are Your Parents Ashamed of You?	66.2%	25.2%	4.0%	4.6%
Do Your Friends Respect You?	3.9%	11.2%	23.9%	61.0%
Do Your Parents Love You?	2.7%	5.9%	10.6%	80.8%

RELIGIOUS INVOLVEMENT

More than half (55.5%) of the clients had some formal religious training.

Have You Had Any Formal Religious Training?	Number of Cases	Percent
Yes	1118	55.5%
No	895	44.5%

About one-third (30.8%) of the clients attended religious services within the last month.

How Long Since You Attended a Religious Service?	Number of Cases	Percent
Over a Year Ago	796	40.7%
Within Last Year	559	28.6%
Within Last Month	602	30.8%

Only 13.8 percent of the clients reported attending religious services weekly.

How Often Do You Typically Attend Religious Services?	Number of Cases	Percent
Never	820	41.1%
Several Times a Year	559	28.0%
1-3 Times a Month	342	17.1%
Weekly	276	13.8%

GENERAL RELATIONSHIPS

The clients had their best relationships with mothers, siblings, and fathers.

Person	Mostly Fight	Avoid One Another	Get Along	Close	Not Applicable
Mother	6.9%	6.8%	33.1%	47.7%	5.5%
Father	4.3%	14.3%	31.8%	22.6%	26.9%
Stepmother	2.5%	4.7%	8.4%	3.9%	80.4%
Stepfather	4.0%	6.7%	13.9%	6.9%	68.5%
Siblings	4.9%	4.4%	39.2%	46.2%	5.3%

GENERAL RELATIONSHIPS ADJUSTED (AFTER REMOVING THE 'NOT APPLICABLE' CATEGORY)

The clients had their 'best' close relationships with mothers, siblings, and fathers after removing from the analysis the 'not applicable' category. The worst relationships were between clients and their stepfathers and/or stepmothers.

Person	Mostly Fight	Avoid One Another	Get Along	Close
Mother	7.3%	7.2%	35.1%	50.5%
Father	5.9%	19.6%	43.6%	30.9%
Stepmother	12.9%	24.0%	42.9%	20.2%
Stepfather	12.6%	21.3%	44.2%	21.9%
Siblings	5.2%	4.6%	41.4%	48.8%

INFORMATION FROM ADOLSECENT DISCHARGE FORM

The main problem areas identified were: psychiatric disorder, suicidal ideation, physical abuse, and sexual abuse.

PROBLEM AREAS	Not a problem	Reported prior to Treatment	Found during Treatment	Undetermined
Psychiatric Disorder	74.6%	17.8%	3.7%	4.0%
Learning Disability	81.9%	13.0%	0.6%	4.4%
Eating Disorder	95.7%	1.2%	0.5%	2.5%
Physical Abuse	79.2%	12.8%	3.5%	4.5%
Sexual Abuse	80.0%	13.1%	2.7%	4.2%
Suicidal Ideation	80.0%	16.2%	1.6%	2.1%

DISCHARGE STATUS AND REFERRALS

A vast majority (84.6%) of the clients completed the treatment programs.

	Evaluation only	Full discharge - completed program	Behavioral discharge	Discharged against staff advice	Other
Discharge Status	0.9%	84.6%	8.1%	2.7%	3.7%

Upon discharge, the most common referrals for living arrangements were: home of parents (61.2%), correctional facility (11.4%), and group/foster home (10.8%). Because of multiple referrals, the total sums to more than 100 percent.

	Parental Home	Other relative's home	Halfway house/ extended care	Inpatient CD or psychiatric program	Group home/foster home	Correctional facility
Discharge Referrals/ Residential	61.2%	9.4%	3.5%	4.8%	10.8%	11.4%

SUBSTANCE USE DURING TREATMENT

Some (8.6%) were caught using substances during treatment.

	Yes	No
Was patient caught using during treatment?	8.6%	91.4%

DISCHARGE REFERRALS

AA/NA, aftercare, and individual & family counseling/therapy were the most common post-treatment referrals.

	Aftercare	AA/NA	Alateen/Alanon	Other support group	Individual counseling/therapy	Family counseling/therapy
Discharge Referrals	90.4%	90.7%	11.0%	19.6%	45.9%	32.3%

FAMILY PARTICIPATION IN TREATMENT PROGRAM

Mothers, fathers, and siblings were the most likely to participate in the family segment of the treatment programs.

Family Participation	None	Partial	Full	N/A
Mother	36.8%	29.4%	27.8%	6.0%
Father	55.4%	14.2%	11.4%	19.1%
Stepmother/ Parent Figure	21.1%	2.1%	1.2%	75.6%
Stepfather/ Parent Figure	24.2%	3.6%	2.7%	69.6%
Foster Parents	15.2%	0.8%	0.8%	83.3%
Other Guardian	16.3%	7.3%	5.9%	70.5%
Sister(s)/Stepsister(s)	50.8%	13.8%	3.7%	31.7%
Brother(s)/Stepbrother(s)	53.4%	12.2%	3.1%	31.3%

SUBSTANCE ABUSE BY THOSE CLOSE TO CLIENT

Fathers, mothers, and brothers were most active substance abusers in the families of the clients.

Substance Abuse By	No	Suspected	Yes, Active	Recovering	Not Known	N/A
Mother	31.1%	16.5%	22.7%	15.1%	10.8%	3.9%
Father	15.6%	16.9%	24.4%	10.3%	21.0%	11.8%
Stepmother/ Parent Figure	11.8%	1.6%	2.1%	0.9%	6.2%	77.4%
Stepfather/ Parent Figure	13.2%	2.4%	3.9%	2.3%	6.4%	71.8%
Sister	27.3%	12.1%	12.1%	3.8%	16.2%	28.5%
Brother	23.2%	13.2%	17.4%	4.5%	14.6%	27.1%
Other Household Members	17.7%	4.3%	7.2%	1.4%	10.6%	59.0%

INFORMATION FROM ADOLESCENT FOLLOW-UP FORM

Follow-up information was available on 426 persons, although not everyone responded to each question.

SCHOOL

Less than half (48.5%) of the clients at the time of follow-up were currently enrolled in junior or senior high school. Some (16.5%) had graduated from high school and others (15.4%) were working on GED's.

	Currently in high school or junior high	Suspended	Expelled	Quit School	Working toward G.E.D.	Graduated from high school	In college or vo-tech
Current School Status	48.5%	1.2%	0.9%	14.2%	15.4%	16.5%	3.3%

Many (59.0%) of the clients surveyed had plans for returning to or continuing educational pursuits, while some (24.9%) were unsure of their education plans.

	Yes	No	Not Sure
Do you plan to return to school or continue education over the next year?	59.0%	16.1%	24.9%

COMPARATIVE RESULTS: PRE- AND POST-TREATMENT

For all persons completing treatment, the clients were caught an average of 0.14 times at school for using alcohol during the past year. This was an improvement from the year prior to treatment in which the study participants were caught an average of 0.62 times. The persons completing treatment were 4.4 times less likely to report using alcohol or drugs at school than they were before treatment.

	History Form before Treatment	Follow-up Form after Treatment
Number of times caught at school for alcohol or drug use in PAST TWELVE MONTHS.	0.62	0.14 (0.10)

The number in parentheses () refers to persons who were abstinent during the follow-up period.

The most common problems encountered at school in the year following treatment were: being placed on probation, being sent to the principal, and suspended. In the year before entering treatment all of the discipline problems listed in the table below were much greater with over one-half (50.8%) of the clients being sent to the principal and 40.8 percent being placed on probation. Clients who were abstinent had significantly fewer discipline problems. There were substantial decreases (70.1% to 88.0%) in discipline problems in each of the six areas (sent to principal, family conference, suspension, expulsion, being placed on probation, and other) measured between the 'before' and 'after' treatment time periods, illustrating one of the many benefits realized by treatment.

During the twelve months, have discipline problems in	Before Treatment All Clients	After Treatment All Clients	After Treatment: Abstinent	Percent Improvement All Clients
Being Sent to Principal/Dean	52.1%	7.8%	5.5%	82.0%
A Family Conference	23.3%	4.0%	2.5%	82.8%
A Suspension	42.2%	7.2%	3.7%	82.3%
An Expulsion	13.3%	1.6%	0.6%	88.0%
Being Placed on Probation	38.5%	11.5%	7.4%	70.1%
Other (specify)	12.2%	1.6%	2.5%	86.9%

EMPLOYMENT

The clients worked 14.3 hours per week during the school year before treatment and averaged 17.3 hours after treatment.

	Before Treatment	After Treatment
During the school year, number of hours per week worked at a job	14.3	17.3

Most of those working reported many problems at work before entering treatment. Of those with problems, the most frequent situations before treatment were: absence or tardiness from work, poor performance, and loss of job. After treatment, clients were 3.7 times less likely to be absent or late at work and 3.8 times less likely to have poor performance due to alcohol or drug use. Also, there were significant improvements (fewer problems) in warnings from employer and loss of job. Those who were abstinent reported even better work-related results.

Work problems related to alcohol or drug use in following areas	Before Treatment	After Treatment	Abstinent Clients	Improvement All Clients
Poor performance	15.2%	4.0%	1.1%	3.8 times
Absence or lateness	21.9%	5.9%	1.1%	3.7 times
Warning from employer about use	4.8%	1.5%	0.0%	3.2 times
Loss of a job	11.9%	5.4%	2.2%	2.2 times

HEALTH HISTORY

This group of persons did not report frequent medical problems 'during the past year' or 'during the year' prior to treatment. Most of the medical treatment services received related to chemical dependency issues. In nearly every category of medical services, the clients had much fewer times or days after treatment than they did before treatment. There were 4.1 times fewer visits to the ER for illness/injury after treatment compared to before treatment.

Number of times or days medical treatment or services were received for the following:	Before Treatment Number of Times	After Treatment Number of Times	Before Treatment Number of Days	After Treatment Number of Days
Inpatient CD evaluation	0.39	0.10 (0.04)	2.04	0.73 (0.27)
Outpatient CD evaluation	0.91	0.16 (0.12)		
Inpatient CD treatment	0.34	0.20 (0.13)	9.10	10.8 (8.58)
Outpatient CD treatment	0.44	0.17 (0.10)		
Detox Center	0.22	0.12 (0.21)	0.29	0.22 (0.02)
Hospital Detox	0.03	0.00 (0.00)	0.04	0.00 (0.00)
Hospital medical admission	0.16	0.05 (0.04)	0.30	0.06 (0.07)
Inpatient psychiatric treatment	0.18	0.03 (0.00)	1.72	0.35 (0.47)
Outpatient psychiatric treatment	0.44	0.49 (0.31)		
ER visit for suicide attempt	0.05	0.01 (0.01)		
ER visit - accidental overdose	0.05	0.01 (0.01)		
ER visit for illness/injury	0.74	0.18 (0.12)		

The number in parentheses () refers to persons who were abstinent during the follow-up period.

There were significant reductions in the number of visits to doctors' offices after treatment. After treatment there were 2.4 times fewer office visits for injuries and 1.6 times fewer visits for illnesses compared to pre-treatment.

During the past twelve months, number of office visits made to the doctor for:	Before Treatment: Number of Visits	After Treatment: Number of Visits	Abstinent
An injury	0.85	0.35	0.31
An illness	1.62	1.01	0.89

During the past twelve months, number of office visits made to:	Before Treatment: Number of Visits	After Treatment: Number of Visits	Abstinent
Other health professionals (e.g., physical therapist, chiropractor, nurse, etc.)	1.52	1.43	1.57

ARRESTS

There were significantly fewer arrests (5.5 times fewer misdemeanor arrests and 17.0 times fewer felony arrests) in the 12-month period following treatment than there were in the year preceding treatment. After treatment there were 2.8 times fewer arrests for alcohol and 7.0 times fewer arrests for drug offenses.

Arrests	Before Treatment: Number of Arrests	After Treatment: Number of Arrests
Misdemeanor arrest	2.52	0.46 (.20)
Felony arrest	0.34	0.02 (.02)

Ticketed	Before Treatment: Number of Arrests	After Treatment: Number of Arrests
In past twelve months, number of times ticketed or arrested for possession or use of alcohol	1.48	0.52 (.12)
In past twelve months, number of times ticketed or arrested for possession or use of drugs	0.70	0.10 (.07)

The number in parentheses () refers to persons who were abstinent during the follow-up period.

During the twelve months following treatment, there were fewer status offenses (84.8%) and 90.2% fewer out of control petitions compared to 12 months prior to entering treatment.

	Yes, Before	No, Before	Yes, After	No, After	Percent Improved
Arrested for status offense in past twelve months	31.6%	68.4%	4.8%	95.2%	84.8%
Out of control petition filed by parent or guardian in past twelve months	21.5%	78.5%	2.1%	97.9%	90.2%

PLACEMENT AFTER ARREST – FOLLOW-UP FORM

The most common placements as a result of arrests were: put on probation, put in a detention center, and placed in juvenile correction's facilities.

As a result of an arrest in the past twelve months, they were:	Yes –All
Put into a detox center	2.2%
Given an informal reprimand	6.6%
Given an informal hearing	11.0%
Put on probation	31.5%
Required to make restitution	12.3%
Put in a detention center	19.9%
In jail overnight	20.0%
In and out of home placement	3.9%
Placed in a juvenile corrections facility	20.0%
Given a jail sentence	8.3%
Certified as an adult or waived into adult court	5.6%

A few of those in this follow-up study had current charges pending for status offenses or misdemeanors.

Current Charges Pending for:	Yes
Status offense	1.7%
Misdemeanor	6.1%
Felony	1.2%

CURRENT SUPERVISION: FOLLOW-UP STUDY

Twelve months after treatment about one-third (31.3%) of the clients were under supervision of probation officers, and a few (4.9%) were supervised by social workers.

Currently under the supervision of:	Yes Responses
A probation officer	31.3%
A social worker	4.9%

VEHICLE

More than one-half (51.8%) of those surveyed in the follow-up study had valid drivers' licenses at some time and some (16.7%) of these had licenses revoked or suspended 'in the past twelve months.'

	Yes Responses
Ever had a valid driver's license	51.8%
License has been suspended or revoked in the past twelve months	16.7%

Very few were involved in motor vehicle accidents, but there were significantly fewer (about 2.6 times less for combined categories) accidents during the follow-up period.

	Mean Number History Form	Mean Number Follow-up Survey
In the past twelve months, number of accidents while driving under the influence (cars/motorcycles/snowmobiles, etc.)	0.24	0.17
As a passenger, number of moving vehicle accidents during the past twelve months	0.64	0.17

SUBSTANCE USE

Alcohol and marijuana were the most frequently used substances during follow-up. Cigarette use was very common with 61.0 percent indicating some usage and 51.4 percent using daily. The abstinence rate for any substance use was very good (50.2%).

Substance	Not used	Less than once per month	1-3 times per month	Weekly	Daily	Freq. unknown
Alcohol	44.1%	24.2%	11.4%	9.4%	2.4%	8.5%
Marijuana/Hashish	75.0%	7.9%	3.4%	4.1%	4.1%	5.5%
Sedatives/Barbiturates (sleeping pills, downers)	96.9%	1.4%	0.7%	1.0%	0.0%	0.0%
Stimulants/Amphetamines (meth, uppers, speed)	97.4%	1.0%	0.7%	0.7%	0.0%	0.2%
Tranquilizers (Valium, Librium, Ativan, Xanax)	99.3%	0.2%	0.2%	0.2%	0.0%	0.0%
Hallucinogens (acid, LSD, PCP, dust, crystal)	97.8%	1.2%	0.5%	0.5%	0.0%	0.0%
Painkillers (Demerol, Talwin, Darvon, Codeine)	98.1%	0.7%	0.7%	0.2%	0.0%	0.2%
Opiates (Morphine, Heroin, Dilaudid)	98.8%	0.7%	0.2%	0.2%	0.0%	0.0%
Cocaine (Crack)	97.4%	1.7%	0.2%	0.2%	0.0%	0.5%
Inhalants (glue, paint, gasoline)	98.8%	0.7%	0.2%	0.2%	0.0%	0.0%
Over-the-counter (diet pills, etc.)	97.4%	1.0%	0.5%	0.7%	0.5%	0.0%

	Daily	Occasionally	No
Smoke cigarettes	51.4%	9.6%	39.0%

SUPPORT GROUPS

Participation in support groups was not a major part of the post-treatment experience. More than one-half never attended any of the sessions.

Support Group	Never Went	Stopped Going	Attend Once Per Month or Less	Attend two-three Times Per Month	Attend Weekly	Attend two-three Times Per Week
AA/NA	56.7%	22.8%	3.8%	1.4%	9.9%	5.3%
Alateen/Alanon	94.3%	4.5%	0.0%	0.0%	0.7%	0.5%
Other Self-Support Group	95.7%	1.0%	0.5%	0.0%	2.1%	0.7%

AFTERCARE PROGRAM

About one-half (53.3%) of the persons in this follow-up group attended some CD aftercare. There was very little participation in other aftercare programs.

Type of Program	Never Went	Stopped Going	Attend Once Per Month or Less	Attend two-three Times Per Month	Attend Weekly	Attend two-three Times Per Week	Completed
CD Aftercare	46.7%	12.7%	1.0%	0.2%	10.0%	1.9%	27.5%
Individual Therapy/ Counseling	77.5%	7.2%	1.9%	1.9%	7.4%	0.7%	3.3%
Family Therapy/ Counseling	91.4%	2.4%	2.4%	0.5%	1.4%	0.0%	1.9%
Other	98.6%	0.2%	0.0%	0.0%	0.5%	0.0%	0.7%

FACTORS RELATED TO SUCCESS FROM HISTORY FORM

Based on the statistical analysis of the information on 426 clients who were surveyed 12 months post treatment, the following factors were found to be predictive of success (i.e., did not use substances during follow-up period):

History Form

- ◆ Those who had higher self-images were less likely to use alcohol or drugs during follow-up.
- ◆ Clients who were involved in sexual activity in the year before treatment were more likely to use substances during follow-up.
- ◆ Persons who were jailed during the year prior to treatment were more likely to use substances during follow-up.
- ◆ Those who were frequently absent from school in the year before treatment were more likely to use substances during follow-up.
- ◆ Persons who experienced significant nervousness in the year before treatment were more likely to use substances during follow-up.
- ◆ Clients who experienced much tension in the year before treatment were more likely to use substances during follow-up.
- ◆ Those who experienced serious anxiety or panic attacks in the year before treatment were more likely to use substances during follow-up.
- ◆ Clients who starved themselves for fear of being overweight were more likely to use substances during follow-up.
- ◆ Those who drank or used drugs to ease hangovers were more likely to use substances during follow-up.

FACTORS RELATED TO SUCCESS FROM FOLLOW-UP FORM

Based on the statistical analysis of the information on 315 clients who were surveyed during follow-up, the following variables were predictive of success (i.e., did not use substances during follow-up period):

Follow-up Form

- ◆ Clients placed in detention facilities were more likely to use substances during the follow-up period than were those not placed in detention.
- ◆ Those placed on probation were more likely to use substances during the follow-up period.
- ◆ Clients sent to the principal/dean were more likely to use substances.
- ◆ Clients suspended from school were more likely to use substances.
- ◆ Persons with poor performance at work were more likely to use substances during the follow-up period.
- ◆ Clients with problems of absence from work were more likely to use substances during the follow-up period.
- ◆ Those with problems of loss of a job were more likely to use substances.
- ◆ Clients transferred to adult courts were at higher risk for using substances during the follow-up period.
- ◆ Persons who rated the treatment programs 'high' were less likely to use substances.
- ◆ Clients smoking cigarettes were more likely to use drugs or alcohol than were those not smoking.
- ◆ Those jailed were more likely to use substances.
- ◆ Clients arrested were more likely to use substances.

- ◆ Those given an informal hearing were more likely to use substances.
- ◆ Clients who had driver's licenses suspended were more likely use substances.

RATINGS OF PROGRAM BY PARTICIPANTS

The clients rated four agree/disagree questions concerning the treatment programs they completed. In general, the clients had high ratings of the treatment programs.

A majority (79.2%) of the clients completing the follow-up interview agreed that it was a good program.

A high proportion (83.8%) agreed with the statement that the counselors were helpful.

More than three-fourths (81.5%) of those completing the follow-up survey felt they learned much from the treatment program.

Most (78.9%) of the clients indicated that they would recommend the program to other people.

Treatment Program Ratings	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
It was a good program.	58.9%	20.3%	14.0%	3.0%	3.8%
The counselors were helpful.	65.5%	18.3%	11.3%	1.5%	3.5%
I learned much.	60.4%	21.1%	12.5%	2.5%	3.5%
I would recommend the program to other people.	62.4%	16.5%	11.3%	3.0%	6.8%

OPEN-ENDED QUESTIONS

These comments were taken from those completing the follow-up form that was administered 12 month post-treatment. To date, 426 persons have completed the follow-up survey.

What did you like best about the Alcohol and Drug Treatment Program?

- Nothing (62 responses)
- Counselors (61 responses)
- Group sessions, discussions (32 responses)
- Information, knowledge (22 responses)
- Talking, sharing, openness (22 responses)
- It was helpful, good, nice (18 responses)
- One on one (14 responses)
- Staff (14 responses)
- Don't know (13 responses)
- Environment/comfortable setting/relaxed (9 responses)
- Learned about myself/my problems/my emotions (9 responses)
- Somebody that listens to me/supports me (9 responses)
- Interaction with other clients (8 responses)
- Being around people with similar problems (6 responses)
- Everything/all of it (6 responses)
- Videos/movies (6 responses)
- Meeting new people/people (5 responses)
- Being accepted/not preached at/being supported (4 responses)
- Abstinence/alternatives to drugs/alcohol (3 responses)
- Food (3 responses)
- Learning coping skills/tools (3 responses)
- Structure of program (3 responses)
- Family part (2 responses)
- Forums/guest speakers (2 responses)
- Kept busy/something to do (2 responses)
- Steps (2 responses)
- AA has helped (1 response)
- Being away from friends (1 response)
- Comprehensive, thorough (1 response)
- Could be honest with myself (1 response)
- Dealing with issues (1 response)
- Discipline (1 response)
- Earning privileges (1 response)
- Getting up early (1 response)
- Got close to mom (1 response)
- Hugs (1 response)

- It was interesting (1 response)
- Kept me out of JD (1 response)
- Learned about the consequences of my actions (1 response)
- Learning self discipline (1 response)
- NA meetings (1 response)
- Rewards (1 response)
- Support from everyone (1 response)
- Talking sticks (1 response)
- Work-out time (1 response)

What, if anything, about the program do you think needs to be changed?

- Nothing (207 responses)
- Don't know/not sure (17 responses)
- Better staff/better counselors (10 responses)
- Rules, too strict (9 responses)
- Food (7 responses)
- Disciplinary system/stricter discipline (5 responses)
- More groups (4 responses)
- Everything (3 responses)
- Facilities (3 responses)
- More family interaction/counseling (3 responses)
- Too many hours/too long (3 responses)
- Update videos (3 responses)
- Bad timing/time it is held (2 responses)
- Drug use during treatment/more on drugs (2 responses)
- Longer (2 response)
- More activities (2 responses)
- More freedom in getting things done (2 responses)
- More structure (2 responses)
- More one on one counseling (2 responses)
- Wearing uniforms (2 responses)
- Aftercare counselor (1 response)
- Cost (1 response)
- Discuss issues that lead to substance abuse (1 response)
- Discuss other problems in life (1 response)
- Fewer movies (1 response)
- Getting up at 6:30 (1 response)
- Listen more (1 response)
- Male & female communication (1 response)
- Mandatory parental support (1 response)
- More community involvement (1 response)

- More how to stop substance abuse (1 response)
- More on recovery (1 response)
- More understanding (1 response)
- Not so much wasted time (1 response)
- Separate those who don't want to be there (1 response)
- Should be optional (1 response)
- The way people introduce themselves (1 response)
- Too boring (1 response)
- Too much Native American culture (1 response)
- Too pushy (1 response)
- Too repetitive (1 response)
- Treat everyone the same (1 response)
- Use different teaching methods (1 response)
- Work 12-step program better (1 response)